

Keeping your home clean starts in the kitchen!



What's the germiest room in your home? Surprisingly, it's not the bathroom.

While your bathroom is far from contaminant-free, it's the kitchen that ranks as the number one spot for germs, with dishtowels and sponges topping the list. In the kitchen and elsewhere in the home, countertops, cutting boards, sinks, handles and knobs, and light switches are a few other germy spots. To keep things clean, start with good habits like washing your hands well, especially after handling raw food. Always thoroughly clean cutting boards, wash dish towels often, and clean or replace sponges regularly to avoid accumulating bacteria. To keep dirt out, use a doormat or remove shoes before walking inside; run your kitchen's exhaust fan while frying or sautéing (and leave on for an additional 15 minutes) to trap cooking-related indoor air pollutants; and change your heating and air conditioning filters regularly.

When you clean, choose non-toxic cleaning products to avoid polluting the air inside your home.

Try home-made mixtures using baking soda and vinegar or find alternatives to toxic cleaners.